

## FADS and FASHIONS WOMAN'S PAGE HOUSEHOLD HELPS

## Dorothy Dix Talks

HOW TO HELP HUSBAND.

By DOROTHY DIX, The World's Highest Paid Woman Writer

Nearly every woman who gets married enters into the holy estate with a conscientious desire to do her duty to her husband and to make him a good wife.

Many fail. They are cursed instead of blessings to the men they marry. They are millstones about the necks of their husbands instead of being helpmates to them. They drag their husbands down to disaster instead of lifting them up to success.

And the curious thing about these women who fail as wives is that they do not often fall through lack of love for their husbands, but through sheer inability to grasp the meaning of the situation in which they find themselves and to meet it with intelligence.

They desire with all their hearts to help their husbands and they sigh because they cannot help them by making some big tremendous sacrifice or rendering some great service, and they never do one of the millions of little daily services, or make one of the millions of little sacrifices that would really help.

For it is sadly true that many a woman who would be willing to die for her husband isn't willing to live for him. Women adore the spectacular and it is hard to convince them that the most effective way in which a woman can help her husband is by feeding him the right sort of food, making him a comfortable home, and giving him the atmosphere in which he can best do his work.

It is unromantic but true that the woman behind the door of the success of ninety-nine men out of a hundred is not a vamp who pulls the strings and exercises occult influences over those in power which induces them to give preference to her husband, but just a wise, quiet little woman who is a good housekeeper.

Perhaps it is because the domestic woman has never taken any part in the struggle for money and power and place in the outside world that she so signally fails to realize the effect that home conditions have upon a man. She knows nothing of the fight that leaves a man at the day's end with spent body, ragged nerves and anguished soul, and that brings him weary and despairing to his own door, and that delivers him thus into his wife's hands to either be built up by her so that he goes on to victory or else so further exhausted and discouraged by her that he runs up the white flag and surrenders.

If women could only realize what a man's home means to him, how it makes him or mars him, there would be such a revolution worked as would usher in a domestic millennium. For women's sins in this respect against their husbands are mostly sins of ignorance. That's the pity of it.

The first thing that a woman can do to help her husband is to feed him properly. We are having it impressed on us just now that an army fights on its stomach, and it is just as true of the individual man in business as it is of the army at war.

The undernourished man cannot stand the strain of the long hard pull of grueling applications to his task. He breaks down at some critical point in his career. The man who is fed on rich, cooked, indigestible messes gets nerves and dyspepsia and is so irritable and disagreeable he frightens opportunity away from his door.

It would be interesting to know how many times a bad breakfast of soggy biscuit, greasy tough steak and watery coffee has brought about a man's ruin by sending him to work with a sour stomach and a brain clouded by the poison of indigestion that made him so pessimistic and savage that he insulted his best customer, and took the bear side of the market, because the whole world was colored by his own bilious outlook.

After having fed him properly the next big thing a woman can do for her husband is to give him peace and quiet at home. The man has had all the fighting he can stand in his struggle with other men all day. He has had all the criticisms he can endure. He yearns for peace as the war worn veteran does. He wants to get out of the trenches for a little while, at least, and forget for a few hours the things that vexed and annoyed him.

Every woman could secure this peace to a husband if she were willing to make the sacrifice of posing as a martyr herself, and hiding her husband's sympathies by telling her own tale of woe, and if she had the determination and energy to manage her own household affairs without laying the burden of them on his shoulders.

It is nothing but rank selfishness that makes a woman recount to her husband at night everything that's gone amiss in the household and deluge him with whines and complaints over things that he can't help and with which he should not be bothered.

And it is worse than selfish; it is actually criminal, for a wife to drag her poor tired husband around to places of amusement every night. Many a brilliant career is sacrificed to a silly wife's love of dancing, theater and gadding about. The man who

has gone to bed at 1 or 2 o'clock, after an evening spent feverishly at some place of amusement, and after a later supper at which he has eaten and drunk and smoked too much, is no match in business or the professions for the man who has spent a quiet, restful evening at home and had an eight or ten hours sleep. You never hear of the husband of a shrew or a whiner or a society butterfly getting on in the world. No man can win the race carrying such a handicap.

The third way in which a woman can help her husband is by giving him the atmosphere in which he can work and by not interfering with his work. A great many men fail because their wives are obsessed by a jealousy of their husband's business or profession.

This seems incredible folly, but you often hear a woman speak of "my husband's hateful old office," or "my husband's horrid business," and she makes as much of a scene when the poor man has to go away on a business trip, or work after hours, as if he was philandering around with a blonde haired siren. Such men rarely succeed because they have exhausted so much strength in fighting their wives they have none left with which to fight their competitors.

The men who go up the ladder by leaps and bounds are the men who have wives who sympathize with them in their ambitions, who urge them on, and who are willing to make any personal sacrifice to help their husbands to reach the goal of their desires.

A young doctor of my acquaintance, a man of the most brilliant promise, who had gotten a splendid start in his profession, has sunk into a second rate practitioner, and the reason for his failure is his wife. She is so jealous of his patients that she is always popping into his consulting room and makes other women afraid to go to her husband.

She has never let him study at night because she says that when he is away from her all day she feels that his evenings belong to her. She also never lets him go out without her in the evening, and so he is cut off from the association with his profession, and as a result he has fallen behind the times, lost the friends that could have helped him. He could have been a star, but he is a tallow dip snuffed out by a wife.

And on the other hand I know dozens of women who have really made their husbands by relieving them of every care they could, by giving them the opportunity to work, and stimulating them to do the best that was in them.

A man's success after he is married lies in the wife's hands. She can hinder or help, and the best way she can help is by being a good wife.

## VINOL MAKES GOOD BLOOD

Positive—Convincing Proof

Many so-called remedies for anemia are only so in name. Their makers are afraid to prove their claims by telling what their medicines contain. The only way to be honest with the people is to let them know what they are paying for. Here is the Vinol formula. When the doctor knows what a medicine contains, it ceases to be a "patent" medicine.

Cod Liver and Beef Peptides, Iron and Manganese Peptides, Iron and Ammonium Citrate, Lime and Soda Glycophosphates, Cacao.

Any doctor will tell you that the ingredients of Vinol, as named above, will enrich the blood and banish anemia and create strength. When the blood is pure and rich and red, the body is strong and robust.

You can prove this at our expense because your money will be returned if Vinol does not improve your health.

Cutler Drug Co., Ogden, and at the best drug store in every town and city in the country.—Advertisement.

BRIGHAM CITY, Feb. 6.—Additional auxiliaries were admitted to the membership of the Box Elder county Utah chapter of the American Red Cross at a meeting of the executive committee held in this city. The auxiliaries are the Second ward, Harper ward and Mantua Relief society auxiliaries, and the Halloo auxiliary of this city, composed of the operators in the local telephone office.

The executive committee named J. J. Shumway of Garland a member of the committee, and passed on bills against

the following committees have been appointed by President William E. Davis of the Box Elder Commercial club for the present year: Membership—W. R. Holmes, Leroy Roskelley, Albert Hansen, John L. Pierce, W. L. Holst and W. I. Hargis. Public Improvements and Parks—N. C. Simonsen, C. O. Roskelley and Carl Isaacson.

Education—Dr. D. W. Henderson, F. W. Fishburn and W. L. Eddy. Railroads, Transportation and Public Highways—J. Francis Merrell, E. M. Tyson and H. L. Abramson. Manufacturing—E. W. Dunn, J. C. Jensen and Perry W. Lawson. Drainage and Irrigation—James Jensen, Kenneth C. Wright, John B. Mathias. Mines and Mining—Charles W.

During 1917 Thousands more became the friends of

Ridgways INDIAN CEYLON Tea

They found it to be real economical refreshment

Have your grocer send you a trial 10c tin of Orange Label

It will make four cups for a cent

Full Satisfaction or your money refunded

BLUS SERGE IS SERVICEABLE NOW



A tired business woman who had had a little too much "sensible and durable" shopping once referred to the invaluable blue serge suit as "poverty clothes." Would the tired protector ever recognize this smart coat-dress as "poverty clothes"? Echo answers "she would not"—and yet it is blue serge—no less. To save valuable wool the collar, lapels, vestee, sleeve insets and the lining of the flying panels are of gray silk, and the stitching which is the costume's only ornament is also of pale gray worsted.

gregating \$1000. The major portion of this sum was expended for material for the manufacture of the various articles turned out by the Red Cross workers of the county. A member of the executive committee is to be named from the Tremont auxiliary soon.

The following special missionary appointments have been announced by the stake presidency of Box Elder stake to work in the wards named below for a period of four to six weeks: Harper ward—George Leslie Reeder and Fred Korth, Jr.

Bear River ward—Abraham Braeger, and O. C. Jensen.

Corrine ward—James P. Jensen, Jr., and George May.

Brigham first ward—D. M. Rees and Orson Tingey.

Brigham second ward—Stanley J. Madsen, and L. S. Wright.

Brigham third ward—Alvin Ipsen and George A. Nelson.

Brigham fourth ward—Rupert Olsen and John W. Hillstrom.

The missionaries were set apart yesterday and will begin their work in a day or two.

INDEXING CARDS OF REGISTRANTS

The work of indexing all of the draft registrants of Weber county by the new card system instituted by the government has commenced in the offices of the county board with a corps of nine voluntary workers and the board members at work. As a result of the first night's work there were eighty-one questionnaires indexed on the cards. At this rate, officials of the board claim, the work will be accomplished within a week or ten days.

It is probable that the speed will not be maintained the same as the first night because many of the volunteers will probably be unable to devote their whole spare time to it.

Those assisting the first night were the following, several of whom are school teachers:

Fred M. Pile, Walter Griffith, Nellie Hendricks, Hazel Wolhaupter, W. B. Critch, Mabel Kline, Vera Shaw, Cecil Farley and Virginia Petterson.

OLD-TIME COLD CURE—DRINK TEA!

Get a small package of Hamburg Breast Tea at any pharmacy. Take a tablespoonful of this Hamburg tea, put a cup of boiling water upon it, pour through a sieve and drink a teacupful at any time. It is the most effective way to break a cold and cure grip, as it opens the pores, relieves congestion. Also loosens the bowels, thus breaking a cold at once.

It is inexpensive and entirely vegetable, therefore harmless.—Advertisement.

COMMITTEES OF BOX ELDER CLUB

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The stockholders all enjoyed a lunch at the Weber club rooms.

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an early break. The mercury in Boston dropped to 10 below at 7 o'clock this morning.

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"True, indeed," replied Calar, "but on which side of the curtain?"

You Will Soon Need M—L—

CROWN PAINLESS DENTISTS

East Side Washington, between 24th and 25th Street.

2468 Washington Ave.

## IF YOU ARE AN AMERICAN IF YOU ARE A BELIEVER IN THE BROTHERHOOD OF MAN—READ THIS THROUGH

We are at war with the most gigantic, powerful, efficient military machine ever known in the history of the world.

We are engaged in a life and death struggle which will decide whether the world shall be safe for Democracy and we shall be safe as free citizens in our homes.

This terrible war may last several years. Its duration is absolutely dependent upon the manner in which WE get behind the government and do our part in hurling all the wonderful resources and power of this great free country into the mighty conflict.

Secretary of War Baker says there will be 500,000 of our men in France in a very few days, and there will be 1,000,000 more in a very few months. Thousands of these men will offer up the "supreme sacrifice" of their lives for us, that we may live as free American citizens.

The government will take care of the material comforts of these men. It has delegated to the Y. M. C. A. and the K. of C. and the Y. M. H. A. the moral and recreational features.

WHY? Because our Army must be kept clean morally and physically and the men must have clean, decent entertainment as a relief from the grind and horror of war.

The Y. M. C. A. takes care, in a religious way, of all the Protestant soldiers, being 60 per cent of the army; the K. of C., in a religious way, of all the Catholic soldiers, being 35 per cent of the army, and both organizations work hand in hand to provide homes and clean entertainment and recreation for ALL the soldiers of all creeds and no creed.

This work requires money.

When the Y. M. C. A. made its call here in Utah, all real Americans, Mormon, Catholic, Jew, Presbyterian, Methodist, Episcopalian, Baptist, Congregationalist, and all other religious beliefs, and no belief, joined in and helped with time and money, because the soldiers who are fighting for us will get the benefit and no questions asked. The money was raised in that drive to be handled only by the Y. M. C. A. (In some cities and states the drive was made so that the money would be divided between the Y. M. C. A. and the K. of C.)

Now the K. of C. are asking for financial help from the same people, because the money, though it will be handled by the K. of C., will be used in conjunction with the Y. M. C. A. for all the soldiers who are fighting our battles.

Both organizations are co-operating and even then cannot cover the field, it is so large.

Out of this terrible cataclysm will come some good if it results in obliterating the old barriers of religious prejudice and bigotry, due largely to ignorance and a lack of mutual understanding.

Are you going to get in with the great majority of broad-minded, big-hearted, liberal, liberty-loving Americans in the Brotherhood of Man, or stand aloof and isolated with the very small minority when the roll call comes?

Mr. Business Man, you say you are getting too many calls. Do you realize that if this war keeps up another two years or more your business will probably be gone and you be in the service? Do you realize that a few dollars given by you now to help win the war will shorten it appreciably and save the life of many a fine fellow and bring your own flesh and blood back to you safe and sound?

We can all give something, according to our means. A committee is endeavoring to get around to you, but it takes time. Why wait? Why not send in a check for what you feel you can today? The Knights of Columbus first raised \$1,000,000 among its own members. The work has grown so rapidly that \$3,000,000 more is now required, and Utah's quota is set at the low figure of \$25,000.

The committee desires to thank publicly those who have already contributed. A list of contributors with their contributions will be published before the campaign ends.

ARE YOU GOING TO GET BEHIND THE MAN BEHIND THE GUN?

If so, make out your check to Warren L. Wattis, Treasurer, and mail it today to headquarters, or telephone and we will gladly send for it.

## Knights of Columbus War Camp Fund Committee

OGDEN HEADQUARTERS,  
UTAH NATIONAL BANK  
OGDEN, UTAH

MAIL THIS COUPON

K. of C. WAR FUND HEADQUARTERS,  
Utah National Bank, Ogden, Utah.

I Will Contribute

Inclosed please find \$..... for K. of C. War Fund.

Name .....

Address .....

Make Checks Payable to Warren L. Wattis, Treasurer.

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